Toronto metro

TUESDAY, JANUARY 12, 2016

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Your essential daily news | TUESDAY, JANUARY 12, 2016

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TORONTO MAN FREED FROM TALIBAN

metroNEWS

T.O. schools get F in cybersecurity

POST-SECONDARY

Outdated software puts students at risk, says U.S. firm

Luke Simcoe
Metro | Toronto

Lax cyber security at Toronto colleges and universities is putting students at risk for fraud and identity theft, according to an online security firm.

Security Scorecard audited schools across the U.S. and Canada, finding malware installed on computers at nearly every school in Toronto.

In the case of York University and the University of Toronto, employee login credentials were also found posted to prominent hacker forums.

Local schools are also using outdated — and more vulnerable — software or web applications, said Security Scorecard researcher Alex Heid.

The persistent presence of malware — a catch-all term for malicious computer programs, including viruses — on campus computers was particularly troubling, Heid said.

"Malware can be very stealthy and its sole purpose is to harvest banking information, credit card numbers or login credentials for valuable sites like Paypal," he said.

That means students using university computers for e-commerce or financial aid applications could become targets.

Toronto schools often took longer to clear malware infections from their networks than other universities, according to Security Scorecard.

At York, the average malware infection duration was 91 per cent longer than the industry average.

The school that scored the worst in the audit was MIT. Despite the problems found, York, UofT, Ryerson and George Brown performed relatively well overall.

Avoiding problems all together is practically impossible, Heid said.

"The issue is how they respond. Do they notify everyone quickly and respond to it or do they stick their proverbial head in the sand?"

UofT spokeswoman Althea Blackburn-Evans said cyber security is about striking a balance between protecting users while ensuring access for the academic community.

The university is currently working on a new information security policy to address that among other things, she said.

> **Once any institution gets large enough, it's going to get hacked.**
> Alex Heid

'Look up here, I'm in heaven'

— from the album Blackstar, released days before David Bowie's death

David Bowie performs in Toronto during his 1990 Sound+Vision Tour.
TORSTAR NEWS SERVICE FILE

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The Ringling Bros. Circus will end elephant acts in May amid increased scrutiny over animal rights.

Boss sentenced in fatal scaffold fall

JUSTICE

Four workers died, another badly hurt in 2009 collapse

In a historic case, a construction-company boss has been sentenced to 3-1/2 years in jail for an incident in which four workers died and another was critically injured after falling 13 storeys from a scaffold outside a Toronto apartment building on Christmas Eve 2009.

Vadim Kazenelson, 40, was found guilty last June of four counts of criminal negligence causing death and one count of criminal negligence causing bodily injury.

He was the project manager for Metron Construction on the apartment balcony repair job when the tragedy occurred at 2757 Kipling Ave., just south of Steeles Avenue W.

Outside the University Avenue courthouse, Ontario Federation of Labour president Chris Buckley said this marks the first time a supervisor in Canada has been sent behind bars for the death of a worker on the job.

Four people were killed, and one critically injured, when a scaffold on the east side of 2757 Kipling Ave. failed in 2009.
CARLOS OSORIO/TORSTAR NEWS SERVICE

"Justice has been served," Buckley said on Monday morning shortly after the sentence was handed down.

"It sends a strong message, and employers should have shivers up their spines today."

"It's historic," Buckley said.

Kazenelson said nothing as spectators in the courtroom cried when his sentence was read out. He moved immediately to apply for bail, and the Crown is not opposing the move pending his appeal of the sentence. That means Kazenelson could remain free for the foreseeable future. He has been out on bail since his arrest.

The jail sentence is the first of its kind since the federal government passed Bill C-45 in March 2004.

The law added a section to the Criminal Code that imposed criminal liability on organizations and individuals that don't take reasonable steps to prevent their workers from being injured or killed on the job.

At its passing, the legislation was known as the "Westray bill," named after the May 1992 coal-mining disaster in Plymouth, N.S., where 26 workers died in a methane gas explosion.

A public inquiry concluded five years later that the mine's ventilation system was "woefully inadequate" and that the mine's management had flouted safety regulations.

The report also blamed the Nova Scotia government for its attitude of "apathy and complacence" when it came to enforcing the rules.

TORSTAR NEWS SERVICE

NOISE

Residents look for fix to 'Leslieville Hum'

Luke Simcoe
Metro | Toronto

Listen up, Leslieville.

East-end residents concerned about a persistent humming sound in the neighbourhood — dubbed the Leslieville Hum — may need only look to Windsor for a solution to their auditory woes. Those living in the Queen Street and Carlaw Avenue area have occasionally complained about the humming sound, said Ward 30 Coun. Paula Fletcher, but in recent weeks the outcry has reached a fever pitch.

On the popular Facebook page I am a Leslievillian, users have been posting about the hum since December. Some say the noise keeps them up at night.

Reports of the sound are consistent with the so-called Windsor Hum, a low-frequency rumbling that plagued residents of Windsor. In 2014, Collin Novak, a mechanical engineering professor at the University of Windsor, was tasked with tracking down the hum. He set up sophisticated monitoring equipment to pinpoint the sound and traced it to a blast furnace on Zug Island, an industrial hot spot on the U.S. side of the Detroit River.

"Industrial and residential areas are moving closer and closer together," he told Metro. "Leslieville is a great example; there's a lot of industrial activity going on along the waterfront there."

Without hearing it for himself, Novak couldn't say what's causing the Leslieville Hum but noted such hums are often traced back to heavy industrial machinery or electrical infrastructure.

IN BRIEF

Man charged in stabbing

Police have laid charges in a Sunday stabbing outside the Vanauley Street YMCA youth shelter near Queen Street and Spadina Avenue.

A 24-year-old man is charged with aggravated assault, assault with a weapon, possession of a weapon for a dangerous purpose and failing to comply with probation, police spokesman Const. Victor Kwong said.

He's accused of stabbing another 24-year-old man during a fight at about 12:30 p.m. The victim was taken to hospital in life-threatening condition but is expected to recover.

JESSICA SMITH CROSS/METRO

LIZ BEDDALL/METRO

BY THE NUMBERS

Toronto Community Housing is in need of funds in order to move ahead with a host of planned repairs. That includes work on damaged roofs like this one at 3171 Eglinton Ave. E.

$200 MILLION needed

95,000 people on the waiting list

2,100 buildings across the city

110,000 residents

Toronto's housing black hole

COMMUNITY AGENCY

Cash requested to help fund windows, roofs and elevators

Gilbert Ngabo
Metro | Toronto

Toronto Community Housing will need a $200-million boost from the city to meet its capital improvement and repair goals for 2016.

Agency CEO Greg Spearn was at city hall Monday explaining his ask from the budget committee. The $200 million, he said, would be only a fraction of the agency's overall $1.3-billion budget, which comes from a variety of sources including mortgage agreements, rent and investments.

The city money would allow for a host of repair projects to move ahead, including the replacement of 55 elevators, new roofs for more than 100 buildings, upgraded windows and exterior walls at 44 buildings and more than 1,000 new or upgraded security-camera systems.

"The city's contribution is important, but what's equally important is that we are on the same page about housing issues," Spearn told Metro after Monday's meeting.

Canada's largest housing corporation is also waiting to hear about funding from the federal and provincial governments to continue a 10-year, $2.6-billion repair plan.

The agency launched the plan in 2013 with one-third of the money in hand. Officials have been waiting since then for buy-in from upper levels of government, Spearn said.

There's enough money on hand to continue work in 2016, with current plans calling for 18,000 capital repair projects that would benefit more than 40,000 households.

But, without a commitment from the feds and Ontario soon, work done in 2017 will be limited to "keeping the lights on" and some units will have to be "boarded up," Spearn said.

"If, for some reason, there's nothing coming from the two levels of government, I will certainly rethink our spending plan and slow down," he said. "But I'm cautiously optimistic that we're going to have some success."

ON THE WEB

People can have their say on the proposed budget at a series of meetings that start today. Details can be found at Toronto.ca

TCH CEO Greg Spearn
CONTRIBUTED

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SENTINEL PROJECT

NGO debunks more rumours

Jessica Smith Cross
Metro | Toronto

A Toronto non-profit is expanding its mission to prevent genocide and hate-based violence by dispelling rumours.

The Sentinel Project has been working in the Tana Delta region of Kenya since 2013 on a project called Una Hakika, which translates from Swahili to "Are you sure?" Now, it's expanding across all of Kenya and launching another initiative in Myanmar.

The NGO monitors and dispels rumours that have the potential to spark violence or genocide, said co-founder Chris Tuckwood.

It started in 2008 as Hatebase, an online project that tracks hate speech around the world in order to detect where populations are at risk.

Hatebase caught the eye of Canada's International Development Research Centre, which funded the Una Hakika project — helping the Sentinel Project move from online to on-the-ground.

"We went from this small NGO in Canada that was just writing reports and monitoring situations, to actually doing things in the field," Tuckwood said.

Over the past two years, the organization has recruited 200 local ambassadors in Kenya who report local rumours and help debunk them. The volunteers disseminate verified information by text message and social media, hopefully stopping misinformation before it erupts into violence.

200

Number of local ambassadors added in Kenya in the past two years to debunk rumours

For example, rumours that an Orma group had obtained 3,000 AK-47s to use against the Pokomo, or that Pokomo nurses were trying to inject Orma children with poison, were false but inflamed the conflict, said Tuckwood.

More than 80 per cent of the residents of Tana Delta own mobile phones and one in 15 adult phone users have subscribed for updates from Una Hakika, said Tuckwood.

The project's expansion is timely, Tuckwood said, as Kenya is headed toward an election in 2017.

The new project in Myanmar will operate with specific concern for the Muslim Rohingya minority, which the Sentinel Project has concluded is at high risk of genocide or violence.

Members of the Una Hakika team wade across the Tana River in Kenya. COURTESY ADRIAN GREGORICH

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TONES

Colin Rutherford in a screen grab of a Taliban video. THE CANADIAN PRESS

Captive of Taliban free after five years

MIDDLE EAST

Toronto man was kidnapped during visit to Afghanistan

A Toronto man kidnapped during a 2010 visit to Afghanistan has been freed, Canadian officials say.

Foreign Affairs Minister Stéphane Dion announced Monday that Colin Rutherford had been freed, ending an ordeal that had stretched for more than five years.

"Canada is very pleased that efforts undertaken to secure the release of Colin Rutherford from captivity have been successful," Dion said.

"We look forward to Mr. Rutherford being able to return to Canada and reunite with his family and loved ones," he said.

"The Government of Canada will continue to provide Mr. Rutherford with consular assistance and will assist in facilitating his safe return home," the minister said.

Rutherford's mother Wendy deferred requests for comment to Global Affairs Canada.

Dion singled out the Government of Qatar for its help in securing Rutherford's release but offered no details.

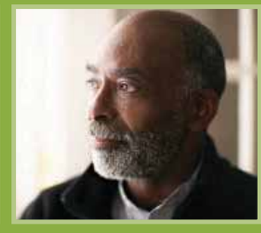
"As minister of foreign affairs, I extend my heartfelt thanks to the Government of Qatar for its assistance in this matter."

Rutherford travelled to Afghanistan in October 2010, hoping to learn Pashto, one of the country's two official languages. He was 26 at the time. In March 2011, the Taliban announced it had Rutherford in captivity.

However, little more was written about Rutherford in the ensuing years. Foreign-affairs officials typically discourage publicity around kidnap victims, because the attention can interfere with backroom negotiations.

TORSTAR NEWS SERVICE

FREE Adult Classes



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3D-printed hearts help surgeons train

HEALTH

Models used to treat cardiac anomalies in newborns

The pediatric surgeons hover over a tiny heart, gently retracting delicate inner structures and attaching a graft with impossibly intricate stitches to repair a congenital defect that would mean certain death within days of birth.

But this heart isn't inside the chest cavity of a newborn; it's a 3D-printed model being used at Sick Kids Hospital in Toronto to train cardiac surgeons from around the world in some of the most complex operations they will ever perform during their careers.

About a dozen trainees — from Canada and such countries as Norway, Oman, Mexico and the United States — have come to watch master surgeons demonstrate the highly complicated techniques used to repair a number of congenital heart abnormalities and to safely practise those skills on models of their own.

Three-dimensional copies have been created of five hearts from real infants with cardiac anomalies using a high-tech 3D-printer, which almost perfectly reproduces the organ's structure using a photopolymer resin, based on sophisticated MRI and CT imaging.

"Each of the models represents a very specific form of disease that is very different," says Dr. Glen Van Arsdell, chief of cardiovascular surgery at Sick Kids. "I can look at the model and tell you what the diagnosis is."

The 3D-printed hearts were produced by Dr. Shi-Joon Yoo, a cardiac radiologist at the hospital. THE CANADIAN PRESS

The Norwood Procedure is performed on a 3D model of newborn heart with hypoplastic left heart syndrome at the Hospital for Sick Children in Toronto on Thursday.

NATHAN DENETTE/THE CANADIAN PRESS

IMMIGRATION

Syrian refugee count approaching 10,000

Tuesday could be the day that the influx of Syrian refugees hits the 10,000 mark, but resettlement groups are now looking far beyond that milestone.

7,671

Number of Syrians that had arrived in Canada as of Jan. 7.

Flight arrival data on the Immigration Department's website suggests the 10,000th Syrian will arrive on one of two flights bound for Toronto on Tuesday, though the department could not confirm that number.

What's unclear is how many more privately sponsored refugees will be accepted after the end of February.

There are upward of 200 applications a week being submitted by private groups looking to sponsor Syrians, said Chris Friesen, the president of the Canadian Immigration Settlement Sector Alliance. THE CANADIAN PRESS

IN BRIEF

Detain immigrant children as a last resort: Red Cross

Canada should lock up child immigrants only as a "last resort" and must find alternatives to detention for such vulnerable newcomers, the Red Cross says in its latest confidential inspection report. Many of the humanitarian organization's findings remain "largely unaddressed," with some requiring "urgent attention," says the report. THE CANADIAN PRESS

PMO to release daily agenda

In a practice that catches up with other political leaders, Prime Minister Justin Trudeau's office says it will now release an overview of his day's activities.

"It will be a daily practice ... Those will keep you abreast of what he is up to," said Cameron Ahmad, a spokesperson for the prime minister. The details of Trudeau's Monday schedule were fairly scarce. THE CANADIAN PRESS

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Baghdad mall target of attack

IRAQ

ISIL claims responsibility for violence that killed 18

The Islamic State of Iraq and the Levant (ISIL) group claimed responsibility for the Baghdad mall attack that killed 18 people on Monday. Gunmen stormed into the Jawhara Mall after setting off a car bomb and launching a suicide attack at its entrance.

Iraqi officials say the attack, which lasted over an hour, killed at least 18 people and wounded 50 in the city's mainly Shiite east.

The ISIL statement, posted online shortly after the attack, said a car bomb and four ISIL fighters carried out the attack, targeting an area where many Shiite Muslims are known to gather and warned of "worse" to come. Iraqi officials say the attack was carried out by seven men, one of whom died when he detonated his explosive vest at the start of the attack. The conflicting accounts could not immediately be reconciled.

Iraqi officials initially described the attack as a hostage situation, estimating that 50 people were trapped inside the complex. But Iraqi forces soon surrounded the building and landed troops on the roof. They clashed with the attackers inside, killing two of them, and arresting the other four.

At least four police officers were among those killed in the assault, according to police and medical officials, who spoke on condition of anonymity because they were not authorized to brief reporters.

Following the attack, authorities shut down the city's highly fortified Green Zone, home to a number of foreign embassies and most of the country's political elite. A number of major roads, shopping malls and bridges around the Iraqi capital were also closed for fear of followup attacks.

Also on Monday evening, a car bomb in southeast Baghdad in a crowded market area killed five and wounded 12, according to hospital and police officials. THE ASSOCIATED PRESS

Protesters opposing the Patriotic Europeans Against the Islamisation of the Occident attend a counter rally in Leipzig Monday. Public anger runs high over New Year's Eve assaults against women in Cologne. AFP/GETTY IMAGES

MIGRANTS

Don't seek revenge: Germany

A string of attacks on women in Cologne on New Year's Eve blamed largely on foreigners was "intolerable," Chancellor Angela Merkel's spokesman said Monday, but added nothing excuses retaliatory assaults on immigrants.

Merkel has proposed making it easier to deport immigrants involved in crimes. But after Cologne police said a group of Pakistanis and a Syrian were attacked there on Sunday, Steffen Seibert said Germans must not blame all the nearly 1.1 million migrants who entered the country last year, and said the government is also focused on their welfare.

"We're doing all of these things to protect the population in Germany," he said. "We are also doing this for the great majority of innocent refugees who have sought refuge from bombs and war in our country."

Authorities and witnesses said the New Year's Eve attackers were among a group of about 1,000 people, described as predominantly Arab and North African men, who gathered at Cologne's central train station. Some broke off into small groups and groped and robbed women, police said. THE ASSOCIATED PRESS

MEXICO

'Nothin' to hide': Penn

Sean Penn said he has "nothin' to hide," after images published Monday indicated he was under surveillance when he met with the Mexican actress who led him to Joaquin "El Chapo" Guzman — and the pair was followed and photographed as they set out for the supposedly secret meeting with the drug lord.

Sean Penn AFP/GETTY IMAGES

Penn also dismissed criticism over his interview with the fugitive, captured Friday, a day before Penn's 10,000-word story was published in Rolling Stone.

Mexican officials said contacts between Guzman's lawyers and Penn and actress Kate del Castillo helped track down the fugitive. His capture came six months after his escape through a mile-long tunnel from his cell at the maximum-security Altiplano prison. He is back at the same prison. THE ASSOCIATED PRESS

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the big number

$55M

That's the windfall David Bowie made by issuing "Bowie Bonds" tied to his future royalties in 1997. The singer was ahead of his time not only when it came to music, gender expression and enormous pants, but also in terms of **securitization, the process of taking real-life assets and turning them into financial instruments.** Bowie Bonds let the artist raise money without selling the rights to his work or having to wait for royalties to roll in. People who bought in received a portion of the future sales of music from Bowie's 25-album, 21-year back catalogue over a 10-year period. The bonds paid a 7.9 per cent yield, and though they didn't perform as well as expected — the industry soon came under pressure from pirates — the idea caught on. Iron Maiden, James Brown and Rod Stewart got on the bond-issuing bandwagon. Soon securities promising future profits from everything from time-share loans to racehorse sperm flooded the market. (And subprime mortgages, too, though that's another story). Bowie had foreseen the ch-ch-ch-changes in the music business, telling the New York Times in 2002 that "The absolute transformation of everything that we ever thought about music will take place within 10 years ... just take advantage of these last few years because none of this is ever going to happen again." SOURCE: BLOOMBERG

A bigger down payment is actually a good thing

Diane Baker Mason
For Metro

It's a common misconception that buying a house is always a good investment.

This myth has been bolstered over the last decade by skyrocketing housing prices, with nearly frantic buyers borrowing disproportionate amounts of money in order to "enter the market," with down payments of as little as five per cent.

Meanwhile, lenders — banks and trust companies — are happy to hand out money.

Why? Because they aren't the ones facing the risk, in the event of a crash. That risk is in the hands of the lenders' default insurers, including the crown corporation, Canada Mortgage and Housing Corporation — our corporation.

Mortgage default insurance has been around for decades, and is not in itself a bad thing. Ordinarily a bank, by law, is permitted to provide first mortgage financing only to buyers with a 20 per cent down payment. Even in a reasonable market, that puts home ownership out of reach for many.

But thanks to CMHC (and to two other private insurers), Canadians need to provide only a five-per-cent down payment, for homes valued up to $1 million.

This insurance protects the lender, not the borrower. Upon default, the insurance company pays the bank, then pursues the borrower. As for the premium (which can be as much as 3.85 per cent of the amount borrowed), it is added to the debt. On a $500k loan, that's another 20 grand — which, on a loan of half a million dollars, doesn't seem like much.

But it is. This will be painfully apparent when interest rates eventually go up. Payments on these massive loans might be manageable at 2.5 per cent, but at five, six or 10, they'll be impossible.

The market will fill with houses that people have to sell, and houses mortgaged beyond their value will be unsellable. The defaulted loans will be enforced by the insurers — including the taxpayer-subsidized CMHC — which will take the hit for any loss.

Despite collecting premiums, CMHC has in the past been in a loss position when the real-estate market has crashed.

In order to cool the market without causing a crash, the federal government is introducing changes to the insured-mortgage rules effective Feb. 15, 2016, increasing the down payment to 10 per cent for the portion of a home value greater than $500k. In a falling market, this minimal equity will quickly vanish.

Lenders hand out money at low rates, and we gobble it up, borrowing beyond our means to buy houses at inflated prices.

It's been quite the banquet. And if this banquet ends with a crash, even those of us who never borrowed a penny will be chipping in to pay the bill.

If this banquet ends with a crash, even those of us who never borrowed a penny will be chipping in to pay the bill.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

ROSEMARY WESTWOOD

metroview

The Bowie handbook for a crazy, creative, ever changing life

The first time I listened closely to David Bowie, I couldn't see the stars at all.

I was driving B.C.'s switchback, two-lane Sea-to-Sky highway at night, while construction crews laboured to widen the roads. The looming spotlights and dust kicked up by heavy machines obscured everything around the car.

I couldn't see more than a dozen metres ahead, and it felt like navigating some robot-strewn future, listening to a mixtape of Bowie, who seemed to be singing from somewhere beyond this world.

One chord from Ziggy Stardust, and the picture appears: me, young and truly alone for the first time, trying to make something of myself in a strange town. Dust, lights and darkness.

Many others will tell you, better than I could, what David Bowie meant to fashion, to finance, to music, to ideas of gender. But his effect on our notions of who and what we could be — that it is his most revolutionary legacy.

The David Bowie handbook for living would include such points as: You don't need to pick an identity, as you are infinitely changeable. Feel free to wear pants as large as you like. Weird is sexy. Never take half-steps in make-believe. Don't worry about gender conformity. Don't worry about fluid sexuality. Be insanely productive. Be insanely creative.

The foremost ideal he portrayed was freedom. Second was gall. Both made him very rich, which was undoubtedly part of the calculation, but his wealth doesn't lessen the message.

I never became an avowed fan. I can't list off all his alter egos in chronological order and match his elaborate outfits to his world tours. But you didn't have to be a fan to understand the way he ignored the rules. And there could have been no better soundtrack to that summer, driving the highway at night and dreaming of who I could be.

Bowie will be remembered as a genius of the level few could aspire to. But there's nothing stopping anyone from aspiring to his approach to life, if to less dazzling and lucrative ends.

"I thought he was a vampire! I thought he'd live forever!" one colleague quipped, after word broke that Bowie died of cancer.

Few knew he was sick. Few believed he could die. But you really can't avoid it — even if you're Bowie. Eventually, you run out of costume changes. There's no more time to contribute to the world. There is no more time for shape-shifting.

With whatever time you have, why hold back when you could more like Bowie?

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Emma Watson's feminist book club has picked its first book, My Life on the Road

5 WAYS WE WILL REMEMBER DAVID BOWIE

As the world mourns the death of the legendary David Bowie, Metro looks at how the shape-shifting genius influenced pop culture for more than half a century METRO/THE ASSOCIATED PRESS/AFP

1 The Songs

Long before alter egos and wild outfits became commonplace in pop, Bowie turned the music world upside down with the release of the 1972 album, **The Rise and Fall of Ziggy Stardust and the Spiders from Mars** which introduced one of music's most famous personas.

Ziggy Stardust was a concept album that imagined a rock star from outer space trying to make his way in the music world. The persona — the redheaded, eyeliner-wearing Stardust — would become an enduring part of his legacy, and a touchstone for the way entertainers packaged themselves for years to come. Bowie scored hit after hit over more than four decades, ranging from **Changes**, **Starman**, and **Rebel Rebel**, to **Heroes, Ashes to Ashes** and 1981's **Under Pressure.**

2 The Movies

CONTRIBUTED

Bowie will always be remembered for his tight-pants-wearing turn as Jareth the Goblin King in the 1986 fantasy-adventure film **Labyrinth** and as Maj. Jack "Strafer" Celliers in the BAFTA-winning Japanese prisoner of war film **Merry Christmas, Mr. Lawrence**.

Bowie won an acting award for his performance as Thomas Jerome Newton, an extraterrestrial, in **The Man Who Fell to Earth**, and appeared as a vampire opposite Catherine Deneuve in **The Hunger** (above). Other acting credits include **Twin Peaks: Fire Walk with Me**, **Basquiat** — where he played Andy Warhol — Pontius Pilate in Martin Scorcese's controversial **The Last Temptation of Christ** and Nikola Tesla in Christopher Nolan's thriller **The Prestige**.

David Bowie's mug shot from a 1976 pot bust. CONTRIBUTED

3 The Man

"My entire career, I've only really worked with the same subject matter," Bowie told The Associated Press in 2002. **"The trousers may change, but the actual words and subjects I've always chosen to write with are things to do with isolation, abandonment, fear and anxiety — all of the high points of one's life."**

During his career, Bowie famously declared himself bisexual in the 1970s. In a 1983 Rolling Stone article he called the declaration the biggest mistake he ever made, qualifying that comment to Blender magazine in 2002 to say "I don't think it was a mistake in Europe, but it was a lot tougher in America."

In the 1980s he famously and publicly challenged MTV on its refusal to play black music videos on air.

CONTRIBUTED

4 The Duets

You may not think of Bowie as a Christmas artist, but his 1977 duet of **Peace on Earth/Little Drummer Boy** with Bing Crosby is a perennial favourite during the holiday season thanks to annual play on MuchMusic in the 1980s and '90s and millions of YouTube views. Bowie recorded a duet for the song **Under Pressure** with Queen in 1982, and performed it live with Annie Lennox. Other notable collaborations include the legendary **Dancing in the Street** with Mick Jagger, and **Hallo Spaceboy** with Nine Inch Nails and also the Foo Fighters.

5 The Fashion

Bowie — with his outrageous alter egos — was as renowned for his image and influence on fashion design as he was for his music.

From the much-copied lightning-flash face paint of Aladdin Sane, the oversize shoulders and white shirt collars of Thin White Duke to the trilby hat and floppy fringe of the alien he played in the movie **The Man that Fell to Earth**, Bowie for decades boldly broke boundaries in style and gender with his influential looks.

Then there was, of course, 1972's flame-orange-haired **Ziggy Stardust** — his most recognizable invention. Jean Paul Gaultier (a Ziggy-inspired design from a 2013 Gaultier collection is shown at right), Dior, Saint Laurent and Dries Van Noten and fashion-conscious actresses such as Tilda Swinton all owe Bowie a lot. Trends in recent seasons have turned the clocks back to the glam rock of the 1970s and '80s — a Bowie signature.

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HEALTH POLICY

Canada lags behind other nations in birth control access

Liz Brown
Metro | Canada

When her period comes each month, Anne Wilson* breathes a sigh of relief. "I'm like, oh thank God," she says, laughing nervously.

The 31-year-old Toronto entrepreneur doesn't want to play roulette with pregnancy, but she's left with few options due to health issues that prevent her from using most forms of birth control.

At present, she and her partner use condoms, but, "I can tell you we're not using them perfectly 100 per cent of the time," she says.

Doctors have advised her that her only option is an IUD. Wilson's painful menstrual cramps remove the copper IUD from her list of options — it's known to exacerbate cramps in some women — leaving her with two remaining choices: hormonal IUDs Mirena and Jaydess.

But Wilson can't afford either — both cost upwards of $300 and subsidized birth control clinics don't offer them.

"I'm just starting a business so I'm always worried about when money is coming in, and these costs add up," she says. "I wish there were more options."

Wilson isn't alone.

According to the Canadian Contraception Consensus report from the Society of Obstetricians and Gynaecologists of Canada, 15 per cent of sexually active Canadian women aren't using any form of birth control and 20 per cent are using a form of birth control inconsistently. And according to the World Health Organization, 51 per cent of pregnancies in North America were unintended in 2012 (a stat that includes pregnancies that were not carried to term).

Low-income women are twice as likely to use no contraceptives compared to the highest earners. And one third of Canadian women will have an induced abortion at some point in their life. Simply put, Canadian women are facing enough barriers to birth control that a substantial number are risking unplanned pregnancy each month.

"When we look around the world, Canada is one of the only societies that pays for universal health care ... but doesn't provide free contraception," says Dr. Wendy Norman, chair of the Contraception Access Research Team (CART) at the University of British Columbia. "The number one barrier that we've identified for women accessing birth control is cost," she adds.

The United States, 11 countries in Europe, the U.K., Australia and New Zealand all provide a universal subsidy for contraception.

In Canada, however, affordable birth control is provided to those in need through a patchwork of sexual health clinics funded by public health authorities. While these clinics do offer affordable options such as oral contraceptives ranging from free to $10 per month, or five-year copper IUDs for $60, many women find it difficult to access these services due to limited drug choices, clinic hours and long wait times.

Catherine Datta, the north/east manager of the Toronto Sexual Health Clinics, calls her clinics "oversubscribed," noting in 2014, over 63,000 people visited them and sometimes experienced wait times of more than two hours.

"The hours (of subsidized birth control clinics) don't support the people who may use them the most," agrees Pam Krause, executive director of the Calgary Sexual Health Centre. According to Krause, the clinics in Calgary have hours similar to school and offices, making it difficult for teens or single working mothers to visit them.

That leaves many women using condoms or withdrawal for birth control, two methods with the highest rates of failure — 21 per cent failure for condoms over one year of typical use, and a 22 per cent failure for withdrawal over one year of typical use, according to research from Princeton University in 2011. In contrast, less than 1 per cent of women using an IUD will become pregnant over one year.

"Because the least effective contraceptive methods cause the most pregnancies, it costs the health system much more than it would to provide a more expensive option because so fewer pregnancies result when consumers use the most effective methods (which are the most expensive)," says Norman.

**Name changed at source's request.*

> **When we look around the world, Canada is one of the only societies that pays for universal health care ... but doesn't provide free contraception.**
>
> Dr. Wendy Norman, chair of the Contraception Access Research Team at the University of British Columbia

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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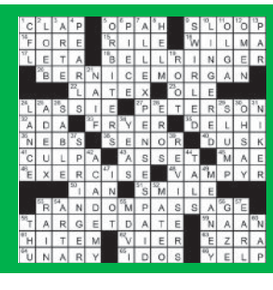


1	7	8	2	4	9	6	3	5
6	5	4	8	1	3	7	2	9
9	2	3	5	7	6	8	4	1
4	8	2	3	6	1	9	5	7
3	9	1	7	5	2	4	8	6
5	6	7	4	9	8	3	1	2
2	4	9	1	8	7	5	6	3
7	1	5	6	3	4	2	9	8
8	3	6	9	2	5	1	7	4

RESEARCH

Free contraception means big savings for health care system

According to Dr. Norman, free, accessible birth control is one of the easiest ways to reduce costs on the health care system.

American research shows that the nation's publicly-funded clinics — which provide access to free or subsidized birth control — saved the U.S. $13.6 billion in 2010, or about $7 for every public dollar spent.

And a study from St. Louis, Mo., conducted between 2007 and 2011 involving 10,000 young women given the option of various methods of free birth control resulted in a dramatic drop in unintended pregnancy.

The annual rate of pregnancy for participants in the study was 34 per 1,000 women, compared to a U.S. national average of 57 per 1,000.

About 75 per cent of the participants opted for long-acting IUDs, where in contrast, only about 2 per cent of the general female population in the U.S. use an IUD.

"We can see as soon as a subsidy is brought in, particularly for highly effective methods like IUDs, the population shifts towards using them," says Norman.

> **We can see as soon as a subsidy is brought in, particularly for highly effective methods like IUDs, the population shifts towards using them.**
> Dr. Wendy Norman

"In Canada we don't have much research to guide us. This (contraceptive access) hasn't ever been a core principle within public health," she adds.

In both the U.S. and U.K., extensive research has been done on contraceptive use and access in those countries. Norman is working to amass similar data through CART's projects. Her group has been conducting surveys in B.C. to get a better idea of the rates of unintended pregnancy and prevalence of contraceptive use and some of this research will be published later this year.

They are also looking at alternative ways to offer contraceptives to make access easier for women. Currently, in B.C. and Quebec, nurses can prescribe oral contraceptives and Dr. Norman says her group has consulted with the College of Pharmacists in B.C. about offering contraceptives over the counter without a prescription.

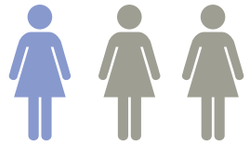
Pharmacists would require additional training and be asked to administer blood pressure checks and health background questionnaires to women wanting to access contraception.

On Jan. 1, Oregon became the first state in the U.S. to allow pharmacists to prescribe oral contraceptives and the patch, and California is expected to follow suit in March.

"This would provide exceptional ability for people — especially in rural areas — to access contraception," says Dr. Norman. "These drugs are very safe."

LIZ.BROWN@METRONEWS.CA

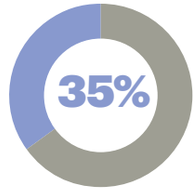
BIRTH CONTROL BY THE NUMBERS



One in three Canadian women will have an abortion in their lifetime

$13.6B

The money the U.S. government saved in social and health care costs in 2010 by funding family planning programs



The percentage of sexually active Canadian women using no contraception, or contraception inconsistently

SOURCE: CANADIAN CONTRACEPTION CONSENSUS REPORT 2015, THE SOCIETY OF OBSTETRICIANS AND GYNAECOLOGISTS OF CANADA

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Cause close to her heart — and pocketbook

THE SHOW: Weight Watchers commercial
THE MOMENT: Oprah's manifesto

Images of Winfrey working out appear while she talks about her struggles with weight loss in a new Weight Watchers commercial. YOUTUBE/SCREENSHOT

Dressed in expensive loungewear and gold jewelry, Oprah Winfrey sits on plush outdoor furniture and gazes at her bestie, the camera. "Inside every overweight woman is a woman she knows she can be," she intones with enough gravitas to power two confessions, three commencement speeches and a State of the Union address. Piano music begins to play.

"Many times you look in a mirror and you don't recognize yourself. Because you've gotten lost. Buried in the weight. That you carry." Images of Winfrey working out appear. "Nothing you've ever been through is wasted," she goes on. "So every time I tried and failed has brought me to this most powerful moment." The music swells.

First of all, I hope that Oprah never crosses to the dark side. Because if she appeared on TV saying, "Let's take over the financial system," or "Everyone should kill her spouse," people would do it — she is that convincing.

Second, I was surprised that she was shilling so hard for Weight Watchers — I mean, yeah, weight loss is part of good general health, but she sounds like a shrink delivering a world-shaking manifesto, like she's curing cancer, ending global warming and solving our childhood issues all at once.

Then I found out that last October, she bought 10 per cent of the company, for $43.2 million — and that the stock value has tripled since. Her shares are now worth $148 million. Last week, after the initial spots aired, the stock went up again. No wonder she sounds so passionate.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOLDEN GLOBES

Howard reacts to Leo's speech

First Nations actor Duane Howard admits he "choked up" when The Revenant star Leonardo DiCaprio dedicated his Golden Globe trophy to indigenous communities around the world. Howard says he and his friends were watching in Vancouver when DiCaprio took the stage on Sunday to claim the best dramatic film actor award for his role in the 19th-century survival epic.

DiCaprio shared the award with "all the First Nations people represented in this film and all the indigenous communities around the world." Howard plays lead Arikara warrior Elk Dog in the drama, which was partly shot in Alberta and British Columbia and features dozens of local actors and crew members. He calls DiCaprio's speech "really meaningful," and says he'd like to see more meticulous portrayals of indigenous culture come out of Hollywood.

Duane Howard. GETTY IMAGES

The Revenant also earned Golden Globes for best dramatic film and for director Alejandro Inarritu. DiCaprio plays fur trapper Hugh Glass, who is left for dead after being attacked by a bear. Desperate to survive, he braves icy waters and an unforgiving wilderness in search of the hunting team that left him behind.

"It is time we recognize your history and that we protect your indigenous lands from corporate interests and people that are out there to exploit them," DiCaprio said in his acceptance speech. "It is time that we heard your voice and protected this planet for future generations."

Howard said Monday from Vancouver that he was moved by DiCaprio's words. "That's really meaningful when a Hollywood celebrity like that reaches out to the world and acknowledges us First Nations people like that, that means something," he said. "Hollywood's got to be more open to us, as First Nations people of this land.... More and more of these films have to come out."

The Canadian cast also includes child actor Isaiah Tootoosis from the Poundmaker First Nation, who plays Hugh's son, and Grace Dove, as Hugh's wife. The film's visual effects supervisor was the B.C-based Cameron Waldbauer. THE CANADIAN PRESS

LEARNING CURVE

Stay hot during your winter semester

Whether you came back from the break feeling recharged or maybe still catching up on sleep, the winter semester is here. And to make the most of it, students are planning on ways to improve their grades and time management skills, and remembering to enjoy school, too.

"I want to learn to sleep better and work out," says University of Winnipeg student Trisha Navidad. "Basically, I'm going to make sure to challenge not only my brain, through studying. I'm also never going to schedule my classes at four in the afternoon with night classes again."

She says she's a little nervous coming back for a new semester, but more excited than anything. With still a few years to go, Navidad wants to master the fine balance between focusing on school and not letting it be the only thing in her life.

ALANA TRACHENKO

"I think my biggest goal in attending university is getting my dream job, which is either a career in PR in the tourism or film industry," she says. "But I think my other goal is to become the person I want to become and develop good habits."

Navidad says it's a steady learning process, in and out of the classroom.

"Now I know that at 4 p.m. there are less people on the bus and you can actually get a seat."

UW student Adrienne Tessier also wants to strike a balance between school and all of her extracurriculars, including coaching debate, working with non-profit organizations and her three jobs.

"It's a bit crazy," she admits. But Tessier says she loves the academia setting.

"I'm going to see this term as a continuation of my first term successes, and not see it as a new start," she says. "Seeing this term as a part of a longer journey helps me to keep things in perspective."

With just a bit of her degree left, Tessier is getting a lot out of the smaller class sizes and various elective classes. She says she's already excited for next year and plans on submitting a couple of papers to peer-reviewed journals.

— ALANA TRACHENKO

Is it time to investigate Seneca's Forensic program?

From classrooms to simulated crime scenes, students in Seneca College's Forensic Investigative Studies program are acquiring knowledge needed for frontline investigations.

"It's as much as CSI as you can get, minus the magic of Hollywood," says Karen Kachra, an academic program manager in the college's faculty of continuing education and training. "Real forensics is a lot slower and meticulous but we do teach students the most current technology and techniques to figure who did what, how, where and when."

The part-time offering is largely geared towards professionals looking for specialized training because their career lends itself to interacting with the police or crime scenes, including police officers, civilians working in the police system such as record clerks or special constables, corrections workers, military personnel, nurses and emergency workers.

"There are forensic degrees out there, but this is the only program I know of that is in-class, part-time for folks who are working professionals," says Kachra. "And they are learning from really highly-qualified experts. One of our instructors literally wrote the textbook on how to interview, another consults with municipalities about their emergency response systems, others are detectives or retired detectives."

While some courses are offered in condensed format and others during evenings and weekends, they all balance theory and practice while ensuring students receive as much hands-on experience as possible. For example, Kachra says, students get to work crime scenes set up in woods behind the King campus and in a cabin complete with dummies, blood and bullet holes.

"They come to understand the process and practice of gathering evidence without destroying it, finding the criminals and then bringing them to trail properly," she says. "I do recommend prospective students have good English skills and consider themselves fairly advanced with how they come at analysis. This is fairly sophisticated material."

CONTRIBUTED

The program's winter 2015 courses — introduction to forensic science, forensic behavioural science and cyber crime — will be facilitated from Seneca's King campus starting Jan. 19. Registration is open until just before the start.

For more information, visit senecacollege.ca/ce/community, email Kachra at karen.kachra@senecacollege.ca, or call 416-491-5050, Ext 22528.

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Knowledge shift pays off at Sheridan

For six years before launching its five bachelor of business administration programs in 2014, Sheridan College's Pilon School of Business experimented with a shift in its learning environment.

The result is an approach that, rather than relying on memorization, focuses on the application of knowledge that develops the capacity to think critically, creatively and reflectively to successfully work in a world where uncertainty and ambiguity aren't uncommon, says Jeremy Staples, Pilon's associate dean.

"Our learning model uses psychologist Carol Dwecks' work on mindsets and author Tony Wagner's work on the seven essential skills for the 21st century," says Staples of the four-year offerings in accounting, finance, human resources management, marketing management and supply chain management.

Dweck's work deals with fixed mindsets (the belief that basic qualities, like intelligence or talent, are simply fixed traits) and growth mindsets (the belief that most basic abilities can be developed through dedication and hard work, which creates a love of learning), and Wagner's seven essential skills include critical thinking, adaptability, entrepreneurship and imagination.

"The growth mindset is what we want students to shift into while learning Wagner's seven essential skills, which we call undergraduate competencies," says Staples. "We, of course, still teach students course content but it takes on the question of, 'What do you do with the knowledge that you gained?'"

The approach has been integrated into the bachelor of business administration programs in several ways. For example, in their first year, students work on understanding themselves, in their second year on developing themselves and their interactions with others, and in their third and fourth years on developing themselves and their interactions with the wider community.

Sheridan BBA students with their professor working around collaborative puddle tables at the Hazel McCallion Campus. KEIKO KATAOKA

"We also use the flipped classroom model. Professors develop and post content online for students to work through prior to classes," says Staples. "This allows the professors to then act as facilitators by presenting problems, challenges and cases that require students to draw on and apply pre-class knowledge during class discussions as they investigate and discover the solutions with prompts from the professors," says Staples.

Since the 2014 launch of the five programs, 600 students have enrolled.

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Humber launches man's healthy career

Program leads to successful business

Even as a fresh out of high school teen, Jacob Farjou, the owner and lead clinician at Brampton's Trainsmart Wellness clinic, was interested in a fitness career. Uncertain of the specific area in which he wanted to end up, Farjou decided to attend Humber College's fitness and health promotion program. It was a decision that would lay the foundation for him to become a kinesiologist and business owner.

"The program served as the stepping stone I needed to further myself," says Farjou, who graduated from fitness and health promotion in 2009, completed an undergraduate degree in kinesiology and then returned to Humber for a post-graduate degree. "The program is practical, the labs are full of the newest equipment and the instructors are unbelievable. The quality of learning that happens at Humber was one of the factors that led me back for my post grad."

Offered since 2001, the fitness and health promotion program is geared towards those who are interested in learning how to improve the fitness and health of individuals and populations. And, says Allysha Wassegijig, the program's support officer, students benefit from topics that go beyond the fundamentals of exercise to include anatomy, physiology, biomechanics, business administration and marketing, nutrition, injury management, special events planning and more.

"You'll get to put what you learn to use by participating in one of the program's annual special events promoting healthy living, which are organized and executed by students," she says. "We are also proud to offer two exciting field placements in the second year of study that give students the opportunity to gain valuable workplace skills and experience."

It is the hands-on components, which also include partaking in exercise prescription, fitness assessment and group exercise, says Farjou, that he enjoyed the most.

"It's not just taking notes or reading textbooks because what good is only reading from a textbook in such a hands-on field?" he says. "Practicing with your fellow students makes a world of difference."

CONTRIBUTED

Program graduates, says Wassegijig, are prepared to become personal trainers, fitness appraisers or group exercise instructors or pursue careers in wellness consulting, health promotion or program directing.

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The profession integrates business and administrative skills and knowledge with a basic background in health knowledge and techniques, including CPR and first aid. Medical office administrators must keep in-step with the medical language and practices of physicians, as well as having basic theoretical knowledge about the human body, its systems, and common diseases and conditions.

CONTRIBUTED

Just as the job has diverse workplaces, graduates with a medical office administrator designation are qualified to work in a variety of roles in the medical office workplace, including medical office receptionist, medical file clerk, ward clerk, and medical transcriptionist.

The Medical Office Administrator diploma program at CDI College Business Technology Healthcare is a great place to help you develop the skills and knowledge as a medical office administrator that will launch you into an exciting and rewarding new career.

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From TV to the Centennial kitchen

Julie Miguel knows her way around a kitchen. A former MasterChef Canada contestant, she is also a food writer, recipe developer and photographer. But when it comes to the baking class she just started at Centennial College, Miguel is a bit nervous.

"We're cooking in pairs and I was kicked off of MasterChef Canada during a partner challenge. But, I've never had a formal culinary education, so it is exciting to learn why things are done the way they are and get re-inspired after 15 years of cooking and baking," says Miguel, who has teamed up with Centennial to document her experience in a baking and pastry arts skills course at the school's baking – pastry management program.

The collaboration is part of an effort to introduce the School of Hospitality, Tourism and Culture's new leadership team and revamped programs ahead of the fall 2016 opening of Centennial's new Culinary Arts Centre.

"The labs I'm learning in are amazing, with appliances at every work station and brightly lit kitchens, but the new building, which is still under construction, looks even more impressive," says Miguel of the 350,000-square-foot facility that will feature a student residence, full service restaurant, quick service café, event centre, three culinary labs, two baking labs and more.

Behind the School of Hospitality, Tourism and Culture revamp is Joe Baker, who worked extensively in the restaurant business at establishments such as Toronto's Oliver & Bonacini restaurants. He is supported by industry professionals such as Rob Smith, a chef with 25 years of experience and the school's first-ever chair of culinary programs and operations, and Rob Rainford, who has taken on the role of culinary ambassador and chef faculty at the Culinary Arts Centre. Rainford is best known for his popular Food Network show, License to Grill.

CONTRIBUTED

"I am really excited about having access to the amazing teachers and faculty. They're people I have crossed paths with along my food journey who I find inspiring," says Miguel.

In addition to the pastry arts management program, Centennial offers three culinary programs in the areas of baking for commercial bakeries, international culinary management and chef training.

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Get your career started before you graduate

In a competitive job market, education is just one piece of the puzzle — experience is often just as important. Getting experience while still being a student can be challenging, but it's worth the effort to set yourself up for a potential job later.

"You gotta be creative," says career development specialist David Cataford from the University of Calgary. "You have to volunteer, you have to be proactive, you have to make connections."

Cataford says that social media is a good start to researching potential employers and the people you'd like to connect with professionally, but it shouldn't stop there.

"I like old-fashioned: meeting people face to face," he says. "So send an email but follow up with a phone call and try to meet in person."

Cataford suggests scouting out events and places where you might be able to meet people from the industry and learning more about whatever it is you're pursuing. Doing research and getting familiar with your potential employers will help you make an informed decision when it comes time to take a job.

"The jobs that are posted, they hire people who have made a connection to them before they posted it," he says. "Drop off a resume or cover letter. They'll know you're interested in them… so when there is an opening, who are they going to look to, right?"

He adds that if there's someone you'd like to meet who you think might give you some direction, reach out and ask them for coffee, but be courteous.

"If you're genuine about the way you approach these people, they'll help you out," he says. "But fit within their schedule. Everybody in Calgary is overworked with all the layoffs, so you have to be really patient and persistent."

And lastly, try to either work or volunteer in your field, even if it's only part-time.

"If a student wants to be a pharmacist, well, OK, practise being a pharmacist, get a job at a pharmacy, go talk to a pharmacist," he says. "And if you can't get the job, volunteer. Maybe you can shadow."

He adds that like the University of Calgary, many schools provide career services to students, which are great resources. And for those out of school, check out your industry associations. They can be great places to make connections with not only future employers, but others in your field.

— ALANA TRACHENKO

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Toronto's Daniel Nestor hit a career milestone at the Apia International Sydney Monday with his 1,000th ATP Tour doubles win

IN BRIEF

Bettman urges Calgary to replace Saddledome soon

NHL commissioner Gary Bettman is urging Calgary to move ahead on a new arena.

Bettman says work needs to begin on a new rink for the Calgary Flames immediately.

A new arena and football stadium project is proposed for the west side of the city's downtown at an estimated cost of almost $900 million. THE CANADIAN PRESS

Odom avoids charges

Lamar Odom won't be charged with any drug counts after the former NBA star was found unconscious last year at a brothel with cocaine in his system, prosecutors said Monday.

District Attorney Angela Bello said Monday the evidence didn't prove that Odom used the drug during his three days in Nevada's Nye County, so he could not be charged there.

THE ASSOCIATED PRESS

Nets owner takes blame for his team's fall

Mikhail Prokhorov wanted a championship, and the Nets never got close.

Now he wants a reset, and said it was an easy decision to start it now.

A day after firing coach Lionel Hollins and reassigning general manager Billy King, Prokhorov blamed himself for a win-quick strategy that's left the Nets in one of the NBA's worst situations.

THE ASSOCIATED PRESS

Maple Leafs lose footing on their leading scorer

NHL

Van Riemsdyk to miss 6-8 weeks with broken bone

The Maple Leafs' practice Monday was served up cold. Very cold.

In minus-7 C temperatures made worse by a stiff breeze, the Leafs thrilled hundreds of spectators with a half-hour workout followed by an autograph session in the good old outdoors at East York's Dieppe Park.

These January outdoor practices bring big-league excitement to little neighbourhoods, but lately misery has encroached on this fun exercise.

The Leafs held an outdoor practice at Harry Gairey Rink in the west end last Jan. 5, and when coach Randy Carlyle didn't turn up (he had a medical appointment) tongues were set wagging. Carlyle was fired the next day.

This year's practice got another thunderous jolt. Only hours earlier, it was learned that James van Riemsdyk, the Leafs' leading scorer, will miss six to eight weeks with a non-displaced fracture of his left foot.

James van Riemsdyk racked up 13 points in the Leafs' last 13 games.
TODD KOROL/TORSTAR NEWS SERVICE

Since the parts of the broken bone are not out of place, he won't need surgery and should heal quickly.

Van Riemsdyk, with 14 goals and 15 assists, might be the one player the Leafs can ill afford to lose. He has 13 points in Toronto's last 13 games, and had a seven-game point streak snapped on the Leafs' California swing.

Captain Dion Phaneuf knows how badly the team will miss van Riemsdyk.

"It's extremely disappointing," Phaneuf said. "He's a big part of our team. He's so consistent. He brings it night in and night out. It's a big loss."

With the Columbus Blue Jackets in town Wednesday, the Leafs called up forward Josh Leivo, 22, who has 30 points (11 goals, 19 assists) in 35 games with the Marlies and was named an AHL all-star last week.

Leivo will likely miss the all-star game Jan. 31. But that's a small price to pay for this opportunity. "It's an honour to get a vote for the all-star game, but I'm happy to be up here right now," he said.

Head coach Mike Babcock, his lips perhaps too frozen to get the words out, gave clipped answers when the subject of van Riemsdyk arose.

How did it happen?

"He got hit in the foot," Babcock said.

In San Jose?

"The last game," he coldly replied.

Babcock has no choice but to look forward.

"There's nothing you can do," the coach said. "Someone else gets an opportunity. They're going to have to embrace it. There's no sense talking about the guys that aren't here. Let's talk about the guys that are here — and let's get to work."

TORSTAR NEWS SERVICE

> **He's a big part of our team. He's so consistent. He brings it night in and night out. It's a big loss.**
> Dion Phaneuf on James van Riemsdyk's injury

PLAYOFF RACE

After a horrible opening month, the Leafs have shown steady improvement, going 15-10-5 from the start of November. As of Monday, they were eight points behind in the wild-card race.

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Carli Lloyd and Lionel Messi were named players of the year on Monday in Zurich, Switzerland.
VALERIANO DI DOMENICO/KEYSTONE/THE ASSOCIATED PRESS

Lloyd and Leo reign in Zurich

PLAYERS OF THE YEAR

Argentine icon, World Cup hero from U.S. take top honours

Lionel Messi has won the FIFA world player of the year award for a record fifth time.

Messi ended Cristiano Ronaldo's two-year hold on the Ballon d'Or trophy on Monday to lift soccer's top individual honour.

The Barcelona forward regained the prize after his club won five major titles last year, leaving Ronaldo's Real Madrid with nothing.

"It's incredible that it's my fifth. It's much more than anything I dreamed of as a kid," Messi, who won four straight FIFA awards from 2009-12, said in his acceptance speech.

Messi got 41.33 per cent of total voting points in a 23-candidate ballot. Ronaldo received 27.76 per cent and third-place Neymar got 7.86 per cent

Voting was by national team captains and coaches, plus invited journalists, from FIFA member countries.

It was a stellar night for Barcelona and the World Cup-winning United States women's team.

Luis Enrique was named best coach after guiding Barcelona to win the Champions League, Spain's La Liga and cup, UEFA Super Cup and Club World Cup.

The women's awards were won by American captain Carli Lloyd and English-born U.S. coach Jill Ellis.

Lloyd stood out by scoring six World Cup goals, including a stunning hat trick in the opening 16 minutes of a 5-2 rout of Japan in the final at Vancouver's BC Place Stadium.

At first unable to speak with emotion, Lloyd was loudly applauded as she prepared to begin her acceptance speech.

"I honestly wouldn't be sitting up here, standing up here, without my incredible teammates," said Lloyd, who made the three-player shortlist for the first time at age 33.

Lloyd beat Aya Miyama of Japan and Celia Sasic of Germany. Sasic also scored six goals in Canada to win the tournament Golden Boot, then retired at age 27.

THE ASSOCIATED PRESS

BEST GOAL

The Puskas Award for most beautiful goal was won by Wendell Lira, who scored on a bicycle kick for Goianesia against Atletico-GO in a Brazilian league game.

GETTY IMAGES

SOCCER IN BRIEF

Toronto FC to let Kantari walk, source says

It appears defender Ahmed Kantari's time with Toronto FC is up.

A source confirmed Monday that the MLS team is in the process of waiving the Moroccan international centre back.

Kantari signed with Toronto in late July and the former Lens player went on to appear in 12 games with 10 starts.

THE CANADIAN PRESS

Bournemouth bring back striker Grabban

Bournemouth has re-signed striker Lewis Grabban from fellow English Premier League side Norwich City for a reported fee of 7 million pounds.

The 27-year-old Grabban joined Norwich in June 2014 and went on to score 12 goals as the Canaries secured promotion from the second tier last season.

He returns to the south coast after netting just once in six Premier League appearances for Norwich this season.

THE ASSOCIATED PRESS

IN BRIEF

Chapman is Girardi's choice to close for Yankees

Yankees manager Joe Girardi says newly acquired left-hander Aroldis Chapman will go into spring training as New York's closer.

Aroldis Chapman
GETTY IMAGES

During an interview on the YES Network, Girardi revealed Monday he is choosing the hard-throwing Chapman over Andrew Miller.

THE ASSOCIATED PRESS

Bouchard starts lead up to Aussie Open with win

Eugenie Bouchard provided relief from a deluge of bad injury news with a 6-2, 6-1 win against Bethanie Mattek-Sands at the Hobart International on Monday.

Eugenie Bouchard
GETTY IMAGES

The former No. 5 is on the comeback trail since sustaining a concussion suffered during last year's U.S. Open.

THE ASSOCIATED PRESS

HIGH JUMP

Drouin reunited with coach in T.O.

Derek Drouin has an apartment that's a short hop onto Highway 401 to practice at York University. He makes the commute in a new BMW.

Canada's world high jump champion moved to Toronto in the fall after training largely alone last season in Bloomington, Ind.

He's reluctant to say last season — which included world and Pan Am Games gold — was rough, "because it seems on paper like a dream season." But the 25-year-old from Corunna, Ont., said there were times he was tempted to call it a year.

"It's definitely been a shift from last season," Drouin said. "I had a tough time being by myself and not being with my coach and kind of having to work through things long distance, and there were really, really rough parts in the season where I basically just wanted to stop."

Derek Drouin
GETTY IMAGES

Drouin spent seven years in Indiana, four of them competing for the Hoosiers under coach Jeff Huntoon. He stayed in Indiana after graduation because it's where he was comfortable, and opted to stay last season even after Huntoon moved to Toronto with Athletics Canada.

"It was all kind of long distance ... most days I was by myself," Drouin said.

"There were a lot of days when I was literally the only person on the track, and that makes things really hard."

Still, Drouin rebounded to Pan Am Games gold before capturing Canada's first world high jump title in Beijing.

"I was proud with how I was able to work through it and went from a pretty low, low point to getting through that and competing as well as I've ever competed," Drouin said. "So yeah, I was happy with that, and it kind of gives me confidence to know that I can work through those kinds of things." THE CANADIAN PRESS

> **That's made a huge difference being around people who are excited about training.**
>
> Derek Drouin who has training partners for the first time since he was in college.

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Group 4	May 14, 2016	May 16, 2016

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RECIPE Kale Pesto Pizza

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You've got leftover kale from yesterday's dinner, right? Can you think of anything better to do with it than pizza? We can't either!

Ready in
Prep time: 30 minutes
Serves 4

Ingredients
- 3/4 bunch kale, cleaned and tough stems removed
- 1/4 cup of chopped onion
- 2 cloves garlic, chopped
- 1 1/4 Tbsp extra virgin olive oil
- 1 package frozen whole wheat pizza dough
- 1/4 cup corn meal
- 1/2 cup ricotta cheese
- 1/2 cup fresh, shaved Parmesan cheese
- 2 Tbsp all-purpose flour
- drizzle of extra virgin olive oil

Directions
1. Preheat oven to 425 F.
2. In a large pan, heat oil over medium heat. Add garlic and onion and sauté until translucent, about 3 minutes. Add kale and stir. Cover and allow kale to wilt, about 6 to 8 minutes. Place everything in a food processor. Pulse until it becomes the texture of a fine pesto. Set aside.
3. Place the cornmeal on a flat surface and flour your rolling pin. Roll out the dough until it's about an inch thick. Place on a baking sheet or pizza stone. Brush oil onto dough. Spread the kale pesto evenly across the surface of the dough. Using a tablespoon, place dollops of ricotta randomly on the pie. Sprinkle with Parmesan cheese.
4. Place pizza stone or baking sheet in the oven. Cook for 10 to 12 minutes, or until crust is crispy and cheese is bubbling.

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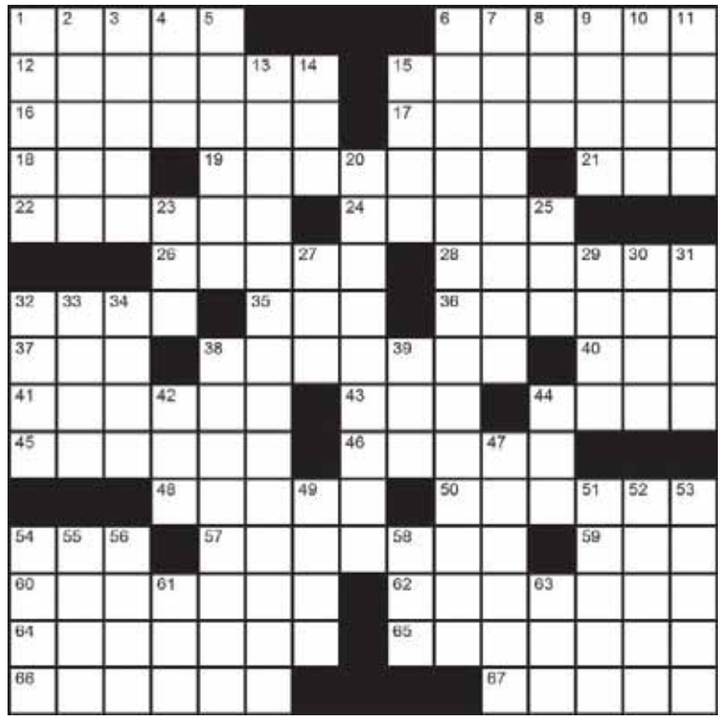
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Skincare formula
6. Trumpet sound effect, when doubled
12. In proportion: 2 wds.
15. Aria performer
16. Sixth sense
17. Arno __, Canadian author of The Oil Man and the Sea: Navigating the Northern Gateway
18. "Why'd You __" by Colin James
19. Chair the conference call
21. Rested in the recliner
22. Subway station on the Sheppard Line in Toronto
24. Rand McNally publication
26. Is rife with
28. Shoot for the stars
32. Desert's climate
35. MS-__
36. Drew close
37. Canadian actor Mr. Cariou
38. French for 'ducks'
40. 'Human' suffix
41. Deceive
43. Fashionable dresser
44. Mr. Warhol
45. Delivers an off-the-cuff speech
46. Props for clarinets
48. Religious doctrine
50. Brought up
54. Movie studio area
57. Mr. Glover of movies
59. Corn unit
60. Momentous
62. Captive held for ransom
64. Cassava pudding
65. Preferably
66. Everett __ of "Citizen Kane" (1941)
67. Country singer LeAnn

DOWN
1. Tumble
2. Mr. Coombs of "Mr. Dressup"
3. Romantic flowers
4. Mr. Geller
5. Chattering bird
6. Prehistoric time in Canada noted for the emergence of pottery: 2 wds.
7. Placates
8. Charlemagne's li'l domain
9. WWII-era servicewomen
10. "Diana" singer Paul
11. Country singer Mr. Axton
13. "Painkiller" and "I Am Machine" are hits off this Canadian hard rock band's current album 'Human': 3 wds.
14. 'Deterior' suffix
15. Showbiz routine
20. Tree known for its aromatic bark/roots
23. Company name abbr.
25. Locale of leisure
27. Work week starter [abbr.]
29. It's pumped at gyms
30. Actress Tara
31. Guitarist Duane
32. Dawn love song
33. Marsh plant
34. IOC part [abbr.]
38. Gemstone that is polished but not faceted
39. __ v. Wade
42. Empty
44. __ _ matter of fact...
47. More crowded/thick
49. Ms. Kunis
51. Kingdom
52. Bird of Jove
53. Squirrel nests
54. Net balls
55. Iridescent gem
56. __ Gigio (Mouse puppet of classic TV)
58. Greek alphabet's 21st letter
61. Spy org.
63. Skater Ms. Babilonia

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Cosmic activity in the area of your chart that rules your vocation is urging you to aim higher. Don't let the critics and cynics hold you back by undermining your confidence.

Taurus April 21 - May 21
You seem reluctant to voice your opinion, even though you have something of value to say. Overcome your doubts and express yourself in a way that everyone can understand.

Gemini May 22 - June 21
It may seem as if someone you work or do business with has been cheating you but the planets warn you can't trust your senses, so don't say or do anything, at least not until you can see things a little more clearly.

Cancer June 22 - July 23
You won't have trouble persuading others to back your ideas but you may have some trouble later on if they don't work out as expected. Don't make promises you can't keep.

Leo July 24 - Aug. 23
A habit is holding you back and you're desperate to get rid of it. But in getting rid of one bad habit you could so easily replace it with another that is ten times worse.

Virgo Aug. 24 - Sept. 23
It may be fun pointing out the inadequacies of people in positions of authority but be careful. The last thing you need is to create enemies of those who have the power to make things difficult for you.

Libra Sept. 24 - Oct. 23
Don't take what you're told at face value today — check the facts for yourself. What others say may sound convincing but you're only being told part of the story.

Scorpio Oct. 24 - Nov. 22
You may be resentful that changes are being imposed but there is no point making a fuss about it. Go with the flow. You will get the chance to change things back again later on.

Sagittarius Nov. 23 - Dec. 21
Resist the temptation to embellish facts or deceive people today. It may seem like the easy thing to do but in the long-term you are sure to regret it. You have a well-deserved reputation for honesty — don't lose it.

Capricorn Dec. 22 - Jan. 20
You may be inclined to rely on your intuition today but the planets warn against it. Stick to the facts and, where relationships are concerned, err on the side of caution.

Aquarius Jan. 21 - Feb. 19
Reel in your fears. Take your mind off your worries by focusing on the things you have to be thankful for. By the time you get through them the day will be over — and tomorrow will be more to your liking.

Pisces Feb. 20 - March 20
Don't take friends for granted. Those who think highly of you will help out, but if they find out you've been playing mind games they won't be happy.

CONCEPTIS SUDOKU by Dave Green

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